

JUNE 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 3:00 Popcorn Day!	2 8:30 John Shops @ Walmart 10:00 Chair ZUMBA, Seated 11:15 Beginning Walking Group *Meet 2nd Floor Wellness Center 1:15 Virtual Concert Series "Art of the Heart" Classical Music #GEN2000	3 11:00 11:00 Bowling! 11:00 True North Yoga 3:00 Happy Hour!	4 10:00 Stretch & Balance 1:00 1:00 Word Search 2:30 Bingo!	5 10:00 Chair Dancing 11:00 Puzzles! 2:00 Word Game worksheets
6 10:00 Gentle Chair Yoga 11:00 Puzzles! 1:30 Coffee and Chat 2:00 Word Game worksheets	7 10:00 Balloon Volleyball! 12:00 Roaming Lunchtime Trivia 1:15 Advance Walking Group 2:30 Bingo!	8 10:00 Chair Zumba! 11:00 Who am I? trivia 1:00 Whiteboard Scattergories 3:00 Movie & Popcorn Day!	9 10:00 Chair Yoga 11:00 Matt is Shopping! 11:15 Beginning Walking Group *Meet 2nd Floor Wellness Center 2:30 Bingo!	10 10:00 Balloon Volleyball! 10:30 Adult Coloring 1:30 Dime Derby Horse Races! 3:00 Happy Hour!	11 10:00 Chair Cardio! 1:00 Jenga! 2:30 Bingo!	12 10:00 Chair Zumba! 11:00 Puzzles! 2:00 Word Game worksheets
13 10:00 Senior Gold Dance Fitness Party Chair Workout! 11:00 Puzzles! 1:30 Coffee and Chat 2:00 Word Game worksheets	14 Flag Day 10:00 Chair Zumba! 1:00 String Paint Art 1:15 Advance Walking Group 2:30 Bingo!	15 10:00 Seated Strength Training 11:30 Music Makes Memories: Name that Tune! 3:00 Movie & Popcorn Day!	16 10:00 Balloon Volleyball 11:00 Matt is Shopping! 11:15 Beginning Walking Group *Meet 2nd Floor Wellness Center 1:00 Frisbee Golf! 2:30 Bingo!	17 10:00 True North Yoga 11:00 Bowling! 1:00 Puzzles! 3:00 Happy Hour!	18 10:00 Stretch & Balance 10:30 Adult Paint by Number 2:30 Bingo!	19 Juneteenth 10:00 Chair Cardio 11:00 Puzzles! 2:00 Word Game worksheets

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 Father's Day 10:00 Relaxing Yoga 11:00 Puzzles! 1:30 Coffee and Chat 2:00 Word Game worksheets	21 10:00 Balloon Volleyball 1:15 Advance Walking Group 1:30 Brain-boosting Smoothies! 2:30 Bingo!	22 10:00 Cornhole! 10:30 Adult Coloring! 2:00 Puzzles! 3:00 Movie & Popcorn Day!	23 10:00 Chair Zumba! 11:00 Matt is Shopping! 11:15 Beginning Walking Group *Meet 2nd Floor Wellness Center 2:30 Bingo!	24 10:00 Gentle Chair Yoga 11:00 Patriotic Crafts 3:00 Happy Hour!	25 10:00 Balloon Volleyball! 11:00 Brain Teasers! 2:30 Bingo!	26 10:00 Chair Cardio! 11:00 Puzzles! 2:00 Word Game worksheets
27 10:00 Bruno Mars Silver Sneaker video 11:00 Puzzles! 1:30 Coffee and Chat 2:00 Word Game worksheets	28 10:00 Chair Zumba! 11:00 Music Makes Memories: Who is the singer/group? 1:15 Advance Walking Group 2:30 Bingo!	29 10:00 Stretch & Balance 12:00 Roaming Lunchtime Trivia 3:00 Movie & Popcorn Day!	30 10:00 Balloon Volleyball! 11:00 Matt is Shopping! 11:15 Beginning Walking Group *Meet 2nd Floor Wellness Center 1:00 Adult Color by Number 2:30 Bingo!			